

## EAT FOR A HEALTHY HEART WORKSHOP

Presented by Tammy Vincent

Friday, February 23<sup>rd</sup>

11:00 AM – 1:00 PM

@ Northampton Memorial Library

207 West Jefferson Street

Jackson, North Carolina 27845

(252) 534-3571



### GET INFORMATION ON:

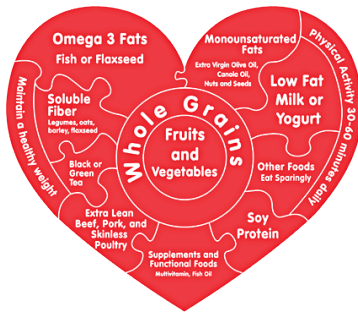
Eating Heart Healthy Foods

Reading Food labels

Choosing Foods Low in Salt

Limiting Foods w/Trans Fats

Cutting Back on Sugar



### WORKSHOP WILL OFFER:

DOOR PRIZES

FOOD TASTING

NURSE ON-SITE

(to answer additional questions)



FOR MORE INFORMATION AND SIGN-UP CALL:

NC Cooperative Extension @ (252) 534- 2711

or

Northampton Memorial Library @ (252) 534-3571

**DON'T MISS OUT! CALL TODAY!**